

Home Isolation Instructions for People with COVID-19

The following instructions are for people who have been diagnosed with COVID-19.

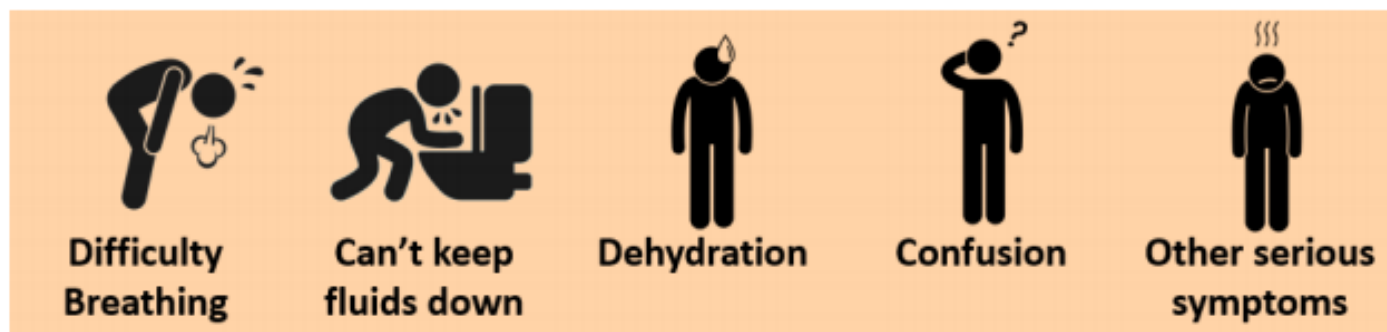
HOME CARE

There is no specific treatment for the virus that causes COVID-19. Here are steps that you can take to help you get better:

- Rest
- Drink plenty of fluids
- Take acetaminophen (Tylenol®) to reduce fever and pain
- Note that children younger than age 2 should not be given any over-the-counter cold medications without first speaking with a doctor
- Note that these medicines do not “cure” the illness and do not stop you from spreading germs

SEEKING MEDICAL CARE

Seek prompt medical care if your symptoms get worse, especially if you are at higher risk of serious illness. This includes people who are age 65 years and older, pregnant, are severely obese, living in a nursing home, or have a health problem such as a chronic disease or a weak immune system. It is recommended that you seek medical care for serious symptoms, such as:



People with life-threatening symptoms should call 911. Tell the dispatch personnel that you have COVID-19.

If it's not urgent, call ahead before visiting your doctor, you may be able to get advice by phone. If you do visit a healthcare facility, call ahead for further instruction.

PROTECTING OTHERS

Follow the steps below to help prevent the disease from spreading to people in your home and your community.

STAY HOME

- Do not go to work, school, or public areas.
- If you must leave home to get medical care while you are sick, do not use public transportation. Use a personal vehicle if possible. If you cannot drive yourself, keep as much distance as possible between you and the driver, leave the windows down and wear a mask if possible.
- If you do not have someone to help you, if possible, arrange for food and other necessities to be left at your door. If you need to meet someone at your door, wear a mask if possible.
- If you cannot make arrangements for someone to assist you, please call 211 for assistance.
- You can go outside, like a private balcony or yard, as long as you can maintain a safe distance (6 feet) away from anyone.

SEPARATE YOURSELF FROM OTHER PEOPLE IN YOUR HOME

- Stay in a specific room and away from other people in your home as much as possible. It is particularly important to stay away from people who are at higher risk of serious illness.
- Use a separate bathroom. If this is not possible, clean the bathroom after use.
- Try to stay at least 6 feet from others.
- Open windows in shared spaces in the home, if possible, to ensure good air flow.
- **Do not** allow visitors.
- Do not handle pets or other animals while you are sick, if possible.

WEAR A FACE MASK WHEN YOU ARE AROUND OTHERS

- You should wear a face mask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a hospital or doctor's office.
- If you are not able to wear a face mask (for example, because it causes trouble breathing), then people who live with you should not be in the same room with you. If they must enter your room, they should wear a face mask. After leaving your room, they should immediately clean their hands, then remove and dispose of their face mask, and clean their hands again.
- Face mask should not be saved.

COVER YOU COUGHS AND SNEEZES

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands.

AVOID SHARING PERSONAL HOUSEHOLD ITEMS

Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home. Wash them thoroughly with soap and water after use.

CLEAN YOUR HANDS OFTEN

Wash your hands often and thoroughly, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food. Use soap and water for at least 20 seconds. If soap and water are not available, clean your hands with a hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Use soap and water if your hands are visibly dirty.

CLEAN AND DISINFECT ALL "HIGH-TOUCH" SURFACES EVERY DAY

High touch surfaces include:

- counters
- tabletops
- doorknobs
- light switches
- toilets
- phones
- keyboards
- tablets
- kitchen fixtures
- bathroom fixtures
- remote controls
- bedside tables

Also, clean and disinfect any surfaces that may have body fluids on them. Use household cleaning and disinfectant sprays or wipes, according to the product label instructions.

For disinfection, diluted household bleach solutions, alcohol solutions with at least 70% alcohol, and most common EPA-registered household disinfectants should be effective. Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted. Prepare a bleach solution by mixing:

- 5 tablespoons (1/3rd cup) bleach per gallon of water **OR**
- 4 teaspoons bleach per quart of water

WHOLE HOUSEHOLD IS IN ISOLATION OR QUARANTINE

When the whole household is in isolation or quarantine, friends and relatives can assist with necessities and leave at the front door. If the patient requires assistance or care, the same person should provide it for the duration of illness if possible. Avoid direct contact with secretions (mucus, vomit, stool etc.). Keep single use gloves handy for use if contact with secretions is unavoidable. Wash hands or use hand sanitizer after contact with the patient or their environment.

WHEN ISOLATION CAN BE LIFTED

Isolation for COVID-19 can be lifted when **ALL** the following criteria are met:

- They have had no fever for at least 24 hours (that is one full day of no fever without the use of medicine that reduces fevers) **AND**
- Other symptoms have improved (for example, when their cough or shortness of breath have improved) **AND**
- At least 10 days have passed since their symptoms first appeared

KEEPING IN GOOD SPIRIT WHEN IN ISOLATION

Being in isolation can be stressful. Suggestions include:

- Keep in touch with family members and friends via telephone, email or social media;
- Learn more about coronavirus and talk with others. Understanding coronavirus will reduce anxiety;
- Reassure young children using age-appropriate language;
- Where possible, keep up normal daily routines, such as eating and exercise. Exercise is a proven treatment for stress and depression;
- Reflect on your resilience and on how you have coped with difficult situations in the past. Remember that isolation won't be for long.
- Visit www.como.gov/health/gethelp-coronavirus/ to learn how to care for your mental health and support your loved ones. If you need to speak with someone about your mental health, contact your doctor or the Burrell Behavioral Health Crisis Assist Team at (800) 395-2132.

INFORMATION FOR YOUR CLOSE CONTACTS

People in your house, your intimate partners, and caregivers as well as people who were within 6 feet of you for a cumulative 15 minutes during a 24-hour period, are considered to be “close contacts”. Because these close contacts have been exposed, it is possible that they could test positive for COVID-19. They should begin to self-quarantine immediately.

See Self Quarantine Guidance.

Your caregivers and household contacts should wear a disposable face mask and gloves if they clean your room or bathroom or come into contact with your body fluids, and/or secretions (such as sweat, saliva, sputum, nasal mucus, vomit, urine, or diarrhea). They should remove and dispose of their gloves first, clean their hands, then remove and dispose of their face mask, and clean their hands again.

CONTACTING YOUR LOCAL PUBLIC HEALTH DEPARTMENT

Columbia/Boone County Department of Public Health and Human Services
1005 W Worley St, Columbia, MO 65203
(573) 874-7355
coronavirus@como.gov

